

How To Talk To Your Close Contacts

What To Do If You Have Or Think You May Have COVID-19

Slow The Spread Of COVID-19

People with coronavirus disease 2019 (COVID-19) can still spread the virus even if they don't have any [symptoms](#).

- 🏠 Stay home if you spent time with someone who has or thinks they have COVID-19. It is critical that you stay home and away from others for 14 days from the last day that you were around that person.
- 📄 Consider getting [tested](#) for COVID-19.

If You Think Or Know You Have COVID-19



Stay Home Don't leave your home except to get medical care if needed. Avoid going into public areas for at least 10 days since symptoms first appeared and at least 24 hours with no fever without fever-reducing medication and other symptoms of COVID-19 are improving. *If you have a fever, cough or [other symptoms](#), you might have COVID-19. Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, contact your healthcare provider.*



Protect Those In Your Household by wearing a [mask](#), staying at least 6 feet away from others in your household, washing your hands often with soap and water for at least 20 seconds, not sharing personal household items (e.g., cups, plates), cleaning and disinfecting high-touch surfaces in shared spaces and [improving ventilation](#) in your home. See suggestions for those living in [close quarters](#) and [shared housing](#).



Notify Close Contacts and let them know you have or may have COVID-19 so that they can [quarantine](#) at home and can get [tested](#). You are still considered a close contact even if you were wearing a mask while you were around someone with COVID-19.

For COVID-19, a [close contact](#) is anyone who you were within 6 feet for a combined total of 15 minutes or more over a 24-hour period.

An infected person can [transmit](#) SARS-CoV-2, the virus that causes COVID-19, starting 48 hours (2 days) before they have symptoms or test positive for COVID-19. Please note people who are infected but do not show symptoms (asymptomatic) and those who do not yet have symptoms (pre-symptomatic) can also spread the virus to others.



cdc.gov/coronavirus

Close Contacts Are People You Have Spent Time With During The Past 2 Weeks

Make A List Of Close Contacts To Notify. Think About:

- Who lives with you?
- When was the last day that you went to work or school, and who did you spend time with while you were there?
- Who else have you been in contact with during the past two weeks?
- What places have you visited during the past two weeks?
- What activities, events, or gatherings have you attended during the past two weeks?



Tell People You Have Been Around They May Have Been Exposed To COVID-19

By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect them and others within your community. If you would like to stay anonymous, there is also an online tool that allows you to tell your contacts by sending out emails or text notifications anonymously (www.tellyourcontacts.org).

Here's An Example Of What To Say To Your Contacts:

"Hi. I need to talk to you about something important. Do you have a few minutes to talk privately? I was diagnosed with (or tested positive) on xxx date. We spent time together on xxx date, and I wanted to let you know, so that you can get tested, protect your family and others in your household. Since we were around each other recently, CDC recommends that you get tested even if you don't have symptoms and that you stay home and away from others for 14 days except to get medical care. Continue to monitor your health for [symptoms of COVID-19](#), and please let other people you have been around recently (within 6 feet for a total of 15 minutes or more in a 24-hour period) know that you may have been exposed to COVID-19 so that they can quarantine at home and can get tested, too."